

HERE'S PROOF



Family Advocacy Network (FAN Club)

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In collaboration with Boys & Girls Clubs of America

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Highly Acclaimed

Nationally recognized and endorsed by Boys & Girls Clubs of America (B&GCA) as a new component of SMART Moves, B&GCA's National Prevention Program.

Published in *Journal of Community Psychology* (1997) and *Journal of Early Adolescence* (1997).

Proven Results*

Relative to comparisons, participants experienced:

- **Greater ability to refuse alcohol, marijuana, and cigarettes**
- **Increased knowledge of the health consequences and prevalence of alcohol, tobacco, and illicit drug use**

Target Domains

- ☒ Individual
- ☒ Family
- ☐ School
- ☒ Peer Group
- ☐ Community
- ☐ Society

Strategic Interventions

- Youth Leadership
- Peer Resistance Skills
- Youth Interpersonal Skills
- Youth Coping/Life Skills
- Resisting Media Pressures
- Youth Decision-Making Skills
- Alcohol/Drug Information
- Family Support
- Cultural Values
- Parent/Family Activities
- Parenting Skills

*Different tests focus on changes over time between treatment and comparison groups and are statistically significant ($p < .05$). All study findings are presented in the accompanying background document.

"weaving families into communities"

What Is the FAN Club Program?

The FAN Club program directly involves parents of youth participating in Boys & Girls Clubs of America's SMART Moves program, including the SMART Leaders* booster program. The FAN Club strengthens families and promotes family bonding, thereby increasing the resistance of youth to drug use.

Who Can Benefit

The FAN Club is designed for parents of participants in B&GCA's SMART Moves program, including Start SMART (ages 10 to 12), Stay SMART (ages 13 to 15), and SMART Leaders*, which is designed for 14- to 17-year-olds who have completed the Stay SMART program. Target populations in the demonstration project were African-American, Hispanic, and White.

** See the SMART Leaders flyer to learn more about this companion program.*

Suitable Settings

The FAN Club program, with other SMART Moves components, can be implemented in community-based youth organizations, recreation centers, and schools in collaboration with a local Boys & Girls Club. The demonstration project was implemented in Boys & Girls Clubs, a number of which are in or adjacent to public housing projects.

Essential Components

Successful replication of the FAN Club model involves:

- Basic support services for parents and families; and
- Social, educational, and leadership activities for parents.

How the Program Works

The FAN Club model must be implemented in combination with the SMART Moves youth program. The FAN Club component involves four categories of activities:

- Individual basic support to help families deal with stress and to encourage involvement in family activities.
- Regularly scheduled group social activities.
- Educational and enrichment activities.
- Parental leadership activities.

What You Can Achieve

The FAN Club program is designed to achieve the following goals:

- Strengthen adolescents' resistance to alcohol, tobacco, and illicit drug use.
- Increase adolescents' knowledge of and negative attitudes toward alcohol, tobacco, and illicit drug use.

What You Need To Implement the Program

An Ongoing Start SMART, Stay SMART, or SMART Leaders Program

The FAN Club parent involvement program needs to be implemented with parents of youth participating in these sequential prevention programs. In conducting the Start SMART, Stay SMART, or SMART Leaders components of SMART Moves, an organization is required to collaborate with a Boys & Girls Club if one is available in or near the community and is able to participate. To locate the nearest Boys & Girls Club, call (800) 854-CLUB.

Committed, Well-Qualified, Warm, and Enthusiastic Program Leader

The FAN Club Coordinator (bachelor's degree preferred) implements the FAN Club program and the multi-year SMART Moves program. The Coordinator provides direct support to families at risk and facilitates FAN Club activities during the 9-month program offered during the school year. The full-time FAN Club Coordinator also can conduct up to three groups of 15 youth in the sequential prevention program (40 hours/week).

Parent Assistant

A Parent Assistant from the participating population is extremely helpful for involving parents and conducting the FAN Club program (10 hours/week).

Rooms, Equipment, and Supplies

The FAN Club program requires a room that can accommodate up to 50 people. Funds should be available for postage, phone, office supplies, transportation to/from program activities, refreshments, and other incentives.

How the FAN Club Program Can Help You

Training and Technical Assistance

Training for the FAN Club program (as well as the other components of SMART Moves) is available from B&GCA. Training sessions can accommodate 20 to 40 people trained in teams of four. Each team receives one copy of all program materials. Provisions for smaller groups can be worked out on an individual basis. For more information please contact the Director of Health and Life Skills at (404) 487-5766 or through e-mail at mcpuig@bgca.org.

Program Materials and Resources

The reusable FAN Club manual, which also includes the 2-year SMART Leaders curriculum, is available from Boys & Girls Clubs of America along with the other reusable SMART Moves program materials, including the Start SMART and Stay SMART curricula. Cost and ordering information can be obtained from Supply Services, Boys & Girls Clubs of America, 1230 West Peachtree Street, NW, Atlanta, GA 30309-3447; (404) 487-5701.

Staff to Youth and Family Ratios

One FAN Club Coordinator and one Parent Assistant for up to 45 families (whose children are participating in some phase of the sequential prevention program).

Implementation Timeline

Startup: Minimum 4 months

Because the FAN Club is implemented with parents and families of youth participating in the sequential prevention program, parents need to be recruited after youth are recruited for the prevention program. (This time also allows FAN Club Coordinators to take part in training for conducting the FAN Club program and the SMART Moves program, including SMART Leaders.) Allow time to recruit families and engage them in program activities.

Implementation: Minimum 9 months/year for 3 years

The amount of time committed by the FAN Club Coordinator to basic support for families and the FAN Club activities will vary by site. Generally, basic support will require approximately 20 hours/week and FAN Club activities will take about 10 hours/week. (The remaining time is spent on prevention program activities for youth.)